Welcome to **HBC**
September 10, 2023

Highland **B**aptist **C**hurch

1500 Husband Road, Paducah, KY 42003
Phone 270-442-6444 – Fax 270-442-3373

Pastor	Dr. Richard Beck
Song Leader	Mr. Carl Wilson
Music Director	Dr. Carolyn Watson-Nickell

Blessed is the nation whose God is the LORD
Psalm 33:12;

September 10-16, 2023
GRANDPARENTS WEEK
Hosted by grandparentsAcademy.com

Experiencing **H**is Glory

UPDATE TO Last Weeks Bulletin
Congratulations to Sarah Stafford

REIDLAND HOUND OF THE (not week) MONTH

Sunday	10:30 Worship Service
	In Person and on Facebook Live
Wednesday	6:30 - Praying &Singing

National Grandparents Day is the first Sunday of September after Labor Day. This day honors grandparents. Families are encouraged to make it a week long activity.

Here are Some Suggestions

- Read a book with your grandfriends, grandparents, or grandfamily caregiver.
- Take a walk together through your neighborhood or favorite park.
- Share family stories of your favorite memories together, your family's history, or look through a family photo album together.
- Go for an outing as a family (i.e. dinner at a restaurant, skating rink, hiking, amusement park, etc.).
- Cook a meal together using your favorite family recipe.
- Do an arts and crafts activity.
- Have a virtual coffee or lunch date.
- Participate in an in-person or virtual family game night.
- Volunteer together in remembrance of 9/11 or attend a 9/11 memorial service event.
- Gather in person as a family and share kind words to honor those grandparents, grandfriends or older caregivers who are no longer here. Afterward, plant a tree or flower seed at a park, family garden, or special location to amplify their remembrance.
- Write handwritten notes to your grandparents, grandfriends, or grandchild. Include in the envelope your favorite photos together.
- Call or video chat with your grandchild, grandfriends, or other loved ones and convey the love and appreciation you have for them.
- Bake healthy treats and deliver them to your grandchildren, grandfriends, or loved ones. Or, pop in for a visit and bake them together!

PRAY FOR AMERICA - PRAY FOR REVIVAL